

SPRING
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ACCENT *on living*

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AND MORE

IDEAS • NEWS • FACTS • INFORMATION • HUMOR



It Can Be Done

This magazine puts the accent on truth and positive living.—On what people have actually done successfully—on what can be done in the face of great odds.

These remarks may seem pointless, but there are professional people—people who should know better, some doctors, some therapists, some counselors who are not even remotely aware of what courage is and what it means to try to do something.

Read this case in point from a reader. She read the article, "Same Career—New Point of View", by Rosemary Masek, in the Fall issue

of ACCENT and became inspired to also go back to teaching from her wheelchair. She said, "I want to come from this 'shell' in which I've kept myself for four years". Having decided to get back into things, she contacted her vocational rehabilitation counselor who laughed and said, "You know as well as me that teaching is out of the question because of ambulation".

Now what is she supposed to do? Well thanks to having read the story in ACCENT magazine, she *knows* it can be done because she read about a girl who is doing teaching from a wheelchair.

Your real strength lies in your mind—what you want to do and your determination to get it done.

What wonderful readers we are fortunate to have. The many letters

(Continued on page 12)

ACCENT ON LIVING CHARTER

ACCENT On Living is a national magazine dedicated to serving all handicapped people, their families and their friends, regardless of race, religion or creed. ACCENT is an authoritative clearing house for problems confronting handicapped people. ACCENT is edited and published with the firm belief that each person gains invaluable experience and knowledge as the result of a physical handicap. ACCENT believes in the complete dignity and respect of all persons. Furthermore, all profit from ACCENT Magazine will be used for furthering rehabilitation facilities and bringing facts, ideas and the benefits of rehabilitation to the readers of this magazine.

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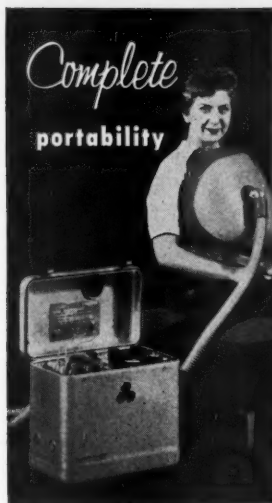
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Vol. 3, No. 4



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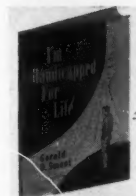
*... the name that set the stand-
ards in respiration equipment.*

Write for Complete Information and Price List

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by Alfred H. Thiese. A moving, graphic account
of six years since an accident left him paralyzed
from the neck down. Against all advice he learned
to sit up and ride in a car. "My main hope in writ-
ing", he says, "is that I may help someone in a
similar condition, or distressed in some other way."
"Be of Good Cheer, I have Overcome the World."
Published by Vantage Press. Price \$3.50.



by Gerald Smoot. The story of this young Michi-
gan boy's struggle to overcome cerebral palsy.
Twenty years old, he wrote with a pencil held be-
tween his hands to punch the keys of his type-
writer. He comments on how he came to wear the
letter of his college varsity swimming team, how
he began to date girls and reveals his world and
plots his aspirations for the future. Published by
Vantage Press. Price \$2.50.

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More On Social Security

The definition of "disabled" accepted by Congress, and in effect in the social security disability program, is, "inability to engage in any substantial, gainful activity by reason of any medically determinable physical or mental impairment that can be expected to result in death or to be a long continued and indefinite duration."

Some of ACCENT's readers have questioned the age 50 eligibility requirement for disability insurance benefits under the old age and survivor's insurance program. W. L. Mitchell, Acting Commissioner, Social Security Administration, has this to say, "when dis-

ability insurance benefits were provided in 1956, the age 50 limitation was established primarily as a means of keeping down the cost of the program. Moreover, there was some concern that these costs could not be estimated with great accuracy. It was prudent then to first provide disability insurance benefits on a rather limited basis. When the Congress reviewed the disability insurance program in 1958, it found that some of the limitations originally imposed on the program were no longer necessary, and the protection provided under it was broadened substantially. However, the cost involved in the limitation of the age 50 requirement—estimated to be about one-third of one percent of payroll—has remained

(Continued on page 20)

Living Lines...

"Please allow me to congratulate you on your change in attitude toward tax legislation similar to the Keogh Tax Bill, H.R.1154. Perhaps I should have said upon your reversal of editorial stand, instead. At any rate I am pleased to see you have been printing material of an opinion different than the one you held when first I wrote you about it several months ago."

Modie Thurmond
Cuba, Missouri

"ACCENT recognizes that there are two sides to every question and believes that intelligent opinion can only be formed after readers have had a chance to consider the advantages and disadvantages to both sides. We are happy to give space to the clear-headed discussion of any matter, legislative or otherwise, that is important to the readers of this magazine."

Editor

"I appreciate the receipt of your magazine very much. I pass it on to the editor of the infantile paralysis magazine here. Best wishes to an excellent magazine."

Murielle Champagne
London, England

"Many of our wheelchair disabled have a housing problem of narrow doorways, steps and other inconveniences of buildings not adaptable to wheelchair living and some of us are forced to go to a nursing home or institution prematurely because of lack of minimum dressing attendance or assistance in preparing meals. I am wondering how many of these disabled are familiar with the National Housing Act of 1956. Among other provisions, this act states under Section 207 that the FHA will give a long term mortgage at low interest rates and up to 90% of the cost of a building equipped for special living. This

type of mortgage requires that the building have three-foot doorways, seven-foot hallways, non-skid floors, call bells or buzzers in each apt. unit, etc. Some optional features such as cafeteria, workshop, chapel, recreation room or library and nursing station are also allowed in this mortgage. Any non-profit group meeting F.H.A. requirements may apply for a mortgage for the erection of a building of 8 or more units. But—I repeat—only for people over 60. I, also, would like to hear from anyone sharing this problem."

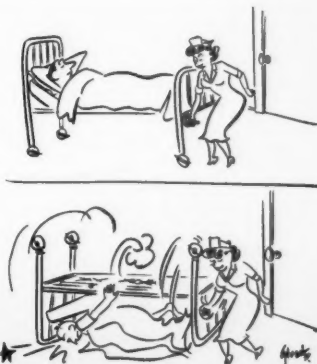
Lillian Petoch
Yonkers, New York

"This still takes money. We wonder if several people could get together and build an apartment on a co-op ownership basis and share some expenses. How about this. You can write to Miss Petoch in care of this magazine."

Editor

"It is always exciting to receive ACCENT On Living and this last issue especially, containing Joan Carey's article on correspondence schools."

Frances K. Snyder
Hatfield, Pa.



"Your ACCENT On Living is a great little publication. May it grow and reach many more appreciative readers. You truly are putting to good use "invaluable experience and knowledge" which you have gained."

Ivaclois Kaehms
Chicago, Illinois

"I'm very pleased with your magazine and your concept of reaching all persons with disability problems. We physical therapists get good ideas from the magazine, but more important, our patients do. We have a new rehab unit here at the sanitarium so expect to see more people who need your magazine. Keep up the good work with ACCENT. Here's my renewal for this year."

Mary Catherine Noble
Washington, D. C.

"I recently heard that some very promising work is being done in muscle transplant, but I have not been able to find out anything about it. Do you know anything of this? I hope you will include many articles, in your magazine, by reliable authorities, on what is being done to help those who are now disabled."

Mrs. James Word
Sanderson, Texas

"The field of rehabilitation is so new that it is easy to understand why it is difficult, even impossible, for physically disabled people to know about the many things that are now being done that could possibly help them. ACCENT is publishing this type of information in every issue, but we have only started. Look for much more in future issues."

Editor

"Last night a friend referred to something in the current issue of ACCENT and I realized with alarm that I had missed an issue. Included with this letter, you will find a check for a three year subscription. I do want to be an ACCENT reader."

Mary Bramer
Elgin, Illinois

Patient Aid For Arthritis

William S. Clark, M.D., Director of Medical Care for the National Foundation (formerly the National Foundation for Infantile Paralysis) has stated that, "as soon as feasible, the National Foundation will give patient aid to arthritis children and adolescents through age 18. Although there is no specific cure for arthritis, patients can be helped by medical treatment and physical therapy. Among drugs, aspirin is the least harmful, the most economical and, given in fairly large doses, it relieves pain. Heat treatments are useful for relieving pain. Recommended are hot tub baths, hot moist towel packs, or the use of an electric blanket. Severe cases of deformity may need corrective surgery. Vitamins, patented medicines, bee and snake venom, vaccinations, sulfur injections, linaments and diet fads are nearly always useless. Despite popular claims, you can't 'eat your way in or out of arthritis'."

It is estimated that 30,000 children suffer from rheumatoid arthritis and 5,000 to 6,000 of these require treatment as intensive as the rehabilitation needed by paralyzed polio patients.

Dr. Clark goes on to say, "the war is against disease. The weapons are skill, patience, research and education. The battle lines are drawn, the front is a wide one. There is room on the firing line for all."

Dear Bonnie:



DEAR BONNIE:

My husband is living at home with my mother and me and is in an iron lung. To help things keep going I have taken a job as secretary in a local business firm. My boss is very handsome, unmarried, owns his own beautiful home. He keeps asking me to go out to dinner with him and has invited me to his home, but I have never accepted. I love my husband, do you think it would be right for me to have dates with this man just once in a while? My husband has urged me to go ahead and have fun. What should I do?

CONFUSED

DEAR CONFUSED:

Your husband doesn't mean this kind of "fun". No man wants his wife to date another man. If you love him, as you say you do, nothing will be fun unless you share it with your husband, or else is socially acceptable like bowling with the girls. Invite the boss to your home. If he is a right guy, he'll respect your husband's unselfish love for you, and perhaps become his devoted friend.

DEAR BONNIE:

I am 22 years old and a paraplegic because of an automobile accident four years ago. Everybody is always trying to give me "advice". Everyone is al-

ways telling me how to become well adjusted, to enjoy life, and to make the best of it. I have a full time job sorting cards for a lumber dealer in town and I am fortunate enough to have as many dates as most girls my age here in town. What can I do about the "do gooders" who are always trying to tell me what to do? I want to be nice to them, but yet on many occasions they cause me much embarrassment. Can you help me?

KARLA

DEAR KARLA:

If you don't need any of this advice, why does it embarrass you? Remember, "you can lead a horse to water, but you can't make him drink". Listen to the advice graciously, then file it away. Maybe you'll run into someone who *needs* it!

DEAR BONNIE:

My girl and I are both in wheelchairs. How can I kiss her?

UNHANDY ANDY

DEAR ANDY:

By pressing your lips on hers!

DEAR BONNIE:

My problem is that my wife is a terrible housekeeper. She wears a brace on one leg, but is able to do all her own work. She just half does it and then sits around and reads. We haven't any children, but I can't afford to pay a housekeeper all the time. How can I get her to take better care of our home?

DISGUSTED

DEAR DISGUSTED:

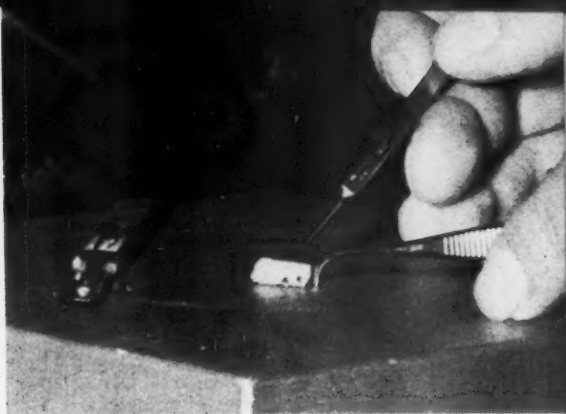
Hire a cute young housekeeper for one week.

YOU CAN WRITE TO
BONNIE IN CARE OF
ACCENT ON LIVING



"Nerve Jumps"

This dog is able to stand on back legs that were once totally paralyzed. Read this report on what *is* being done that could someday help thousands.



An actual segment of this dog's spinal cord—proof that all nerves going to the back legs were cut.

and "Nerve Switches"

Can a paraplegic be made to walk again? Will it be possible for a polio to have a nerve operation and regain the use of paralyzed arms and legs? How about cerebral palsy—could an operation help them to be normal again?

The answers to these questions are being found by Dr. Freeman and his associates at the Indiana University Medical Center, located in the heart of Indianapolis. This breakthrough in medicine, being pioneered by Dr. Freeman,



L. W. Freeman, M.D., Ph. D., and Mrs. Mildred Redford spend time every day just saying "hello" to these dogs who are in various stages of experimentation.

Perfectly healed incision on this dog's back two weeks after the spinal cord was cut.



is all being done on the top floor of an old red brick building—standing humbly beside new multi-million dollar medical science buildings.

Some skeptics will criticize us for publishing this story. They will say, "why build what could be false hope?" Most, however, will be wonderfully inspired and encouraged to learn that "something is being done" and this will be only another step by courageous doctors in solving life's mysteries. A dull existence lies before those few who are satisfied with things the way they are now. As long as there is hope, built by even small successes, there lies ahead a life of richness, happiness and success in whatever you do.

Experiments here definitely prove that there is much more to be learned about the spinal cord and the nerve tracts in it. Based upon what they have already learned, they don't believe the motor system operates in the way presently taught. Dr. Freeman said, "We jump nerves around spinal cord lesions and we also expect the spinal cord could regenerate."

Animals are being used in these experiments now. To give you an idea of how this works let's follow a dog through various stages. First, an area is determined on his back by the backbone and spinal cord. This is shaved, made ready for surgery, and then under these doctors' careful hands a small but complete cross section of the spinal cord is removed. This totally paralyzes the dog below this point. Usually during this same operation the first

of nerve jumps and nerve switches are made between the two severed ends of the spinal cord. During succeeding surgery more nerve jumps and nerve switches are made. At each step in this process the actual tiny nerve impulses are measured, by means of the electroencephalograph.

The dogs shown in these pictures have not been able to walk normally, but this function is expected in the future. There have been rats that did walk normally after having nerve jumps and nerve switches made during experiments aimed at this particular function.

A valuable function that has been regained by the dogs is bladder and bowel control.

The extension of this work to humans is already in progress but remember—it is going to take time yet for the results to be evaluated.

And don't worry about these dogs. They are handled exactly as humans, sometimes better, during the entire process including hand feeding when necessary.

Do not write to Dr. Freeman—answering letters takes him away



Electroencephalograph — electronically measures and records tiny nerve impulses before and after surgery.

from his experiments. ACCENT magazine will report on progress as it develops.

What can you do in the meantime? Encourage everyone to support research by donating money. No one man will solve this problem. It will require more men, ideas, fresh approaches, and new doctors interested in this work—but *there is hope*—new answers are just around the corner.



Magnified 250 times, this shows ending of a nerve jump growing into the main spinal cord.

Quadriplegic Works With Youth Groups

by Phyllis Wilkinson

Perhaps one of the most difficult aspects of wheelchair living is finding enough to keep your mind and creative interests alive and invigorated. Especially is this true in the case of quadriplegics who must be dependent on others for their every move.

One very valuable discovery I have made (and I have only three hour breathing tolerance too) is work with youth groups. "Now how in the world can you work with young, live-wire children when you can't move a muscle?" I can almost hear the repercussions! The two primary essentials are: a fair amount of space—say a living room or dining room—any place where there is table room or floor space, and a mind filled with—or capable of being filled with!—ideas. The ideas part isn't as hard as it sounds for craft and hobby shops are generous with pamphlets, the various organizations send monthly magazines which set your imagination on fire, and just listen to other people or even the kids talk. Most mothers who are interested in having their children belong to youth groups are very willing to assist, although very few are willing to assume responsibility of forming and heading a group and planning weekly programs. As my very helpful as-

sistants tell me, "I don't mind doing the physical exertion if you will do the thinking!"

The virtues of such a project are vast. Not only do you begin to feel needed and *useful* again, but your mind is kept active, seeking, and, after a good meeting, satisfied. Our boys and girls are our greatest asset. To feel that you are contributing to such a vital program is most rewarding. There is still another factor. I have found this to be about the only way to become acquainted and friendly with the mothers of my children's friends. Being unable to attend P.T.A. or church activities, this is a small, but at least a contributing factor, of keeping in contact.

Youth programs are wide in their by-products of developing our children. They are interested in developing the *whole* child: physical fitness, mental fitness, social fitness, emotional fitness and spiritual fitness. With all of these challenges, ideas are unlimited and I cannot tell you of all the satisfactions I have gained from my contribution to the society of little folks.

IT CAN BE DONE—Continued

we receive are examples of persons who are masters of their lives and who know where they are going. ACCENT readers have joined forces, so-to-speak, from all 49 states and 43 foreign countries to work toward a brilliant future.

The Bible Says

By
Rev.
Arthur
Gordon



Be ye doers of the word, and not hearers only" (James 1:22).

One man stands before his mirror and sees himself dirty, unshaven, and disheveled. He straightway remedies the situation by shaving, cleaning up, and dressing up. Another man, peering into his mirror, sees himself in the same condition. But, not like the first, he goes out into society just as he is. Which of these is the wiser? Which will be accepted?

The Bible is often likened to a mirror. Those who look into it and *do* something about the condition they see are called, "doers of the word." Those who look and *do nothing* about their condition are, "hearers only." To the "hearers only," God counsels, "(you are) deceiving your own selves." To the "doers," He promises, "they shall be blessed in their doing."

God's Mirror reveals to mankind its sinful, unclean, self-righteous condition as compared to the high standards of a Holy God. As above, some, although seeing their condition, care little and do nothing

toward a remedy. Others, however, turn to God for help and find that His Mirror also points to the remedy. "Lay aside," says the Bible, "the sin which doth so easily beset us"; "the blood of Jesus Christ . . . cleanseth us from all sin"; and "the righteousness of God which is by faith of Jesus Christ (comes) unto all and upon all them that believe." (Heb. 12:1; I John 1:7; Rom. 3:22)

Having applied the remedy, the "doers" find themselves shorn of besetting sins, cleansed by the blood of Christ, dressed in the righteousness of God, and accepted into the society of heaven. Wise indeed are the "doers of the word."

Those Healing Hands of Thine

by Loyal Morris Thompson

O wondrous Lord of Galilee,
Pray touch these hands of mine
That souls in suffering may feel
Those healing hands of Thine.

Lord, let my heart in sympathy
Baptize the souls in pain,
And may Thy healing power in me
Restore to health again.

To those who face a fading hope,
O let me point to Thee,
And may the richness of Thy Grace
Their matchless comfort be.

Then if my steps in weariness
Should falter in the way,
Let sturdy strength that flows from Thee
Possess my soul, I pray.

You Can Go To School At Home

One example of how High Schools and Colleges are bringing their courses to you.

The Hospital and Tutorial program of Boston University, in Boston, Massachusetts, began ten years ago in a Veterans Administration Hospital and since that time 23 handicapped students have received Bachelor's degrees, 8 have gone on to earn Master's degrees and 3 are presently working on Doctoral degrees.

These students have specialized in such fields as advertising, business management, English, finance, law, mathematics, physics, psychology and sociology. To qualify for these programs you must be a high school graduate, either through

class attendance or through teaching provided for the homebound and pass the same entrance examinations required of all freshmen entering the University. Tests can be given in the student's home or in the hospital. Once accepted in the program, students cover the same material, do the same reading and written assignments, and take the same examinations as other students.

There are two phases to this program, the first being the Recorded program. A fee of \$1,000 per academic credit year covers tuition, machine and record rental, library service, mimeographed course outlines and private instruction at regular intervals, usually weekly. Normal tuition charges at Boston University are approximately \$900 per academic year. The recorded program has been found best for those students of limited physical endurance who must give much time to physiotherapy, exercises or enforced bed rest, but who could study for two or more hours each day. Each lecture is taped and transferred to plastic dictaphone records. Dictaphones are provided by the University on which these records are played. Many of the lectures are illustrated by moving pictures or slides. This recorded program is in operation from September 20



Though paralyzed from the neck down, Richard Amaducci of Roslindale, Mass., taught himself to type with an electric typewriter, hitting the keys with a stick grasped in his teeth. He also draws with a pencil held in the same way. Richard's perseverance paid off in an Associate of Arts Degree last June from the College of General Education's two-year program.

until August 20 of the following year, and a student may begin his work at any time between those dates and expect to complete a year's work in accordance with the limitations set by his physician. One student required four years, another 22 months, and a third only 7½ months to complete a full year's work. Those in full-time attendance complete the work in the usual academic year of 8½ months.

The second phase, the Teacher-phone program, has a basic charge of \$900 per year, which covers tuition, all mimeographed course outlines, library service, conferences with instructors and guidance counselors, and telephone company charges for equipment installation.



Paralegic Helen Byard discusses her classwork with Dr. Ernest H. Blaustein, Professor of Biology at Boston University's College of General Education, in her room at the Lemuel Shattuck Hospital in Boston. Student-teacher conferences are an important part of the University's Hospital and Tutorial Program, compensating for the classroom discussion the handicapped student is unable to take part in. Helen, from West Hanover, Mass., is paralyzed from the waist down as a result of a water skiing accident.



Comparing notes on a visit to the Boston University campus are Donald Hewitt (left), a paraplegic from West Concord, Mass., and John Bennett, a quadriplegic from Medford, Mass. Unlike most college students, they rarely visit the campus. Both were disabled as a result of diving accidents.

In addition, however, there are monthly service rates on the phone company equipment, which you must pay. These are based on the distance between the University and your home.

This program is a two-way intercommunication system by means of telephone lines between the student's home and the University and is offered in three schools of the University: General Education, Junior College and Public Relations.

Before being accepted in either of these programs, the student must have his physician's approval to undertake college study. He must be interviewed by a guidance counselor and by the director of the program to be sure that he or she

(Continued on page 19)

Is Your Life Miserable?

by
Richard
Sprague



I SIT UP

After fifteen days of a rather routine hospital bed existence which included bed pan upsetting, thermometer swallowing, and meal tray stealing, the novelty of antagonizing the hospital staff lessened. This happened mainly because they ignored me. I decided that my only opportunity for a greater versatility in the field of nurse-patient relations, lay in being able to function from a vertical angle. And, since my prone condition was conducive only to bed sores and cold feet, I concluded it was imperative that I sit up.

My real reason for this was a purely selfish one. I had noticed that my roommate always managed to appropriate a lovely, young, female attendant to transport him on rooftop strolls, and the thought occurred to me that negotiating curves in a wheelchair would be a decided stimulus to my morale.

Armed with the rather feeble argument that should I be given a wheelchair, my sole duty would be that of "Boy Messenger" of the Polio Ward, I ventured this matter

to my Therapist. He was most understanding about the situation, but seriously doubted whether granting me this privilege was either in the best interest of my health, or of the other patients. I didn't deny his remarks but I did resent them, so I kept pleading with him until he could do nothing but nod his head. He had to, as my hands encircled his throat, and his face was acquiring a purplish tinge. He agreed to help me sit up, but only on the condition that I must first stop pouring red food coloring into the other patients' whirlpool baths—to which I most generously consented.

Learning how to sit up is one of the less pleasurable sensations experienced by the Polio patient, and should be considered as an exercise in refraining from doing one's Therapist great bodily harm. There is some pain involved, but my "servant in white" cautioned me against any verbal manifestation of suffering, as it was strictly against hospital policy. He then arranged me horizontally on a work table, leaped nimbly onto my lap, and the ritual began.

Against my protestations that people would never understand, this "Bender of the Bones" placed one arm around my waist, the other behind my neck and began to separate my head from my body. I quickly realized his intentions were honorable, and solely to determine how far unstretchable muscles can be pulled before they snap. After lifting my head to an altitude of three inches, I could stand the pain

no longer and prepared to exercise my lungs. On seeing my apparent discomfort, the Therapist cautioned me not to yell, but to bite something. I chose the closest thing at hand, which was his, and it still puzzles me why he screamed so loudly, because I didn't even break the skin on his wrist.

It was also in this exercise that the title of "The Slingshot" was conferred upon me. Whenever my "backbreaker" became careless and let my head slip from his grasp, the released tension on my legs acted as a springboard; and on several occasions I watched him being catapulted over my head into a Hubbard Tank.

Progress was slow at first, but after three weeks I was able to touch my chin to my chest, and after five weeks my body could be wrenched into an angle of sixty degrees. At the beginning of the sixth week my muscle busting friend introduced me to the "Do It Yourself Polio Sit Up Kit", with the remark that this procedure would provide a new "twist" to our usual tussle and probably be more enjoyable. I replied that anything that made sitting up a pleasurable task must have strings attached. He concurred that there was a very large string attached, and mainly to my muscles.

Then he produced a length of rope, one end which he attached to a large metal ring imbedded in the wall, and the other to my wrists. Bracing my feet against the wall, I was told to pull myself to an up-

right position from the table on which I lay. I tried, but the results were hardly worth the effort: my first try succeeded only in dislocating my wrists, and the second in pulling the ring out of the wall.

After all that happened I probably didn't deserve to sit up, but on the sixty-fifth day of my confinement, as I was reaching for my toes, it happened. A friend I hadn't seen for quite some time appeared in the Therapy Room and exuberantly rushed over and slapped me on the back. This instantaneously increased my elevation to a perfect forty-five degrees, and contorted my face in a sickly grin of thankfulness.

Precisely at this moment my doctor walked in and delivered a blow to my recent accomplishment. He informed me that since I had been exercising steadily for several weeks, he felt I needed some relaxation and had left orders that I have complete bed rest for one week! Such is the life of a Polio.

Answer—Puzzle in Winter '58 issue



IDEA EXCHANGE

As stated before, this is a column where ideas, advice and suggestions can be exchanged. In the Winter issue, we stated that all letters or comments printed in this column would not be identified as to the writer. We think we were wrong, so unless you ask your name be withheld, your name, city and state will be used. If you have any \$64 questions, write to "Idea Exchange", care of this magazine.

CASE NO. 11

"I am 25 years old and as a result of cerebral palsy walk with a cane, but have perfect use of my hands. This is my problem: My parents feel that I am a hopeless cripple and as a result will never be able to make a living on my own. I will soon receive my B.S., and will be prepared to teach in elementary schools. My parents are both old, and if I don't get out on my own while I am still young, how will I be able to hold a position later? Can I never have a life of my own?"

CASE NO. 12

"I am a polio, paralyzed in all extremities, wheelchair restricted, but can type with an electric typewriter. I would like to investigate the envelope addressing business in an effort to determine if, perhaps, it offered any possibilities of income in a situation such as mine. If any readers of ACCENT are, or have been, in this particular business, any suggestions they might offer would be most welcome."

Send us your ideas.

Can you help these people? Remember, your advice may be the "answer" to their problem. Write to Idea Exchange, ACCENT On Living, 12

Ryan Drive, Bloomington, Illinois before April 15, 1959. Results will be printed in the Summer 1959 issue.

What Readers Said to Case No. 9

The best way we know to hold paper in place on a drawing board is to use "scotch tape" that can be purchased at any art supply store. You could even use the scotch cellophane tape available almost anywhere. Refer to article "A Good Job, Confidence and Independence" by Gene Love in the Spring 1958 issue of Polio Living. Gene is a professional artist and does all of his work using arm slings. These are metal brackets attached to the back of your wheelchair, going up over your head. Your arms, then, rest in slings that are suspended from these brackets by means of springs. With your arms in suspension in this manner, it greatly increases what you can do with weak arms.

What Readers Said to Case No. 10

"I called the Disabled Vets and asked them for ideas on living alone in a house trailer. They promptly labeled the idea as crazy—that it had never been done and was considered impossible. So I located a 1952, 38 foot Palace for a total of \$1018. A carpenter friend located the refrigerator, cut back two cabinets which widened the aisles. I installed wall to wall bars in bathroom and built a ramp to the front door and started on my own with no trouble whatsoever."

Vern "Flip" Fritch
Detroit, Michigan

"Most of the standard mobile home manufacturers will be glad to look or listen to any plans submitted to them. I have a 32 foot Imperial which has the passageways widened and the shower fixed so wheelchair and all could go in. This was done at the factory and a ramp was made for the front door, all for a cost of \$200. We went twice to the factory to consult with engineers, but there was very little they had to do. We also have a 19 foot travel trailer,

which was made for us by another manufacturer. We left out the bed in favor of the couch which makes into a bed, and had the bathroom made bigger. This was done for a total cost of \$50. In attending the Mobile Home Show of Florida a few weeks ago, we noticed the Liberty mobile home had great possibilities for a wheelchair. It was a 10 foot wide model. If you consult a dealer with the problem, most of them will go out of their way to be helpful. I have run into one dealer who did not help me. You have to bear with them as they do not realize your full story or needs. I will be more than glad to try to help anybody out with the experience I have picked up by living in and buying mobile homes."

Grafton Cochrane
Largo, Florida

SCHOOL AT HOME—Continued

has the ability to do college work, the tenacity of purpose to work toward an attainable goal, and the vital interest necessary to benefit from a coordinated unified program of study in the social sciences, the natural sciences and the humanities. While the charges are, of necessity, somewhat higher, Boston University makes every effort to help those who need financial assistance and helps to secure scholarship aid from outside sources. To date no eligible student has been denied admission to these programs because of inability to pay the charges.

Additional information on any phase of the program may be obtained by writing to Mrs. Alice H. Gamble, Director, Hospital and Tutorial Program, 855 Commonwealth Ave., Boston 15, Massachusetts.

Rehabilitation in Texas



Mrs. Barbara Trusler, secretary at the West Texas Rehabilitation Center, in Abilene, Texas, demonstrates the use of a slide board to get from her wheelchair to exercise mats on the floor. Using this slide board, she can also get back into her wheelchair. Mother of three children, she had polio in 1954. She feels that it is very important to keep up with various kinds of exercises after being released from the hospital and active rehabilitation.



Shelley Smith, R.P.T., Executive Director of this rehab center started the use of garden therapy and this has proven to be very successful. Shown working with one of her plants is Sondra Hampton and Miss Joy McGlaun, O.T.R.

SOCIAL SECURITY—Continued

an obstacle to the acceptance of this proposal."

A Vermont reader wrote, "recently a new provision was made that any disabled person over 50 years old became eligible. Now—it must be understood to be eligible, applicant must not only be permanently disabled, *but totally disabled*, and have no earning power whatsoever. Various social security offices report by every media that 'many are not taking advantage of their eligibility'. Many of us disabled have filled out forms, but we do not read many lines of that form without knowing if we have any earning power at all, we are not eligible."

It is obvious that there is a need for legislation that will benefit a handicapped taxpayer, but we do not think that the social security program is the answer. It is essentially an insurance program to help provide for retirement income and for income to a family left when the breadwinner dies.

There are a great many efforts being made to bring about legislation that will benefit physically handicapped people, but in our opinion, the main difficulty lies in arriving at the proper definition of a handicapped person. Just what is a handicapped person? How would you write a definition that Congress would include in legislation so that the benefits of this legislation would be fair to all physically handicapped people.

We think that persons who have

had the experience of a physical handicap would be able to write the best definition.

If you are interested enough in helping our Congressmen, send your ideas and definitions to ACCENT magazine.

Polio-Revue L'Archipel

The National Association of Friends of Polio Victims is a very active group of people in France. If you would like to learn more about their activities, you can write to L. Audebert, Direction de Publication, Polio-Revue, 3, Rue d'Hauteville, 3, Paris, 10, France.



New Products And Services

Write to ACCENT On Living for more information on any of these new products and services. Be sure to enclose a stamped, self-addressed envelope.

Almost every paralyzed person who has had severe atrophy of the leg has had the problem of discovering where to buy stockings that will be long enough and small enough in diameter so that they would fit and give sufficient protection to the person's legs. Attractive stockings that are extra long (about 31" in length and 3" in diameter) that will help prevent chafing and possible ulcers are called elastic stockings and are usually available in tan, brown or white and can be purchased from Montgomery Ward, Catalog Sales Department, or from drug and pharmacies that handle this type of product. For men—if these stockings are used in combination with extra long jockey shorts, they will give very practical protection from braces.

Six new and different air cushions designed to suit various individuals sitting problems and requirements are available that will fit all types and sizes of wheelchairs. If soiled they need only to be washed and dried and they may also be used in the bathtub or shower or auto. Denim slip-on cov-

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ers in red, blue, green and black are also available to fit these cushions.



BOMBAY, INDIA—two students of Occupational Therapy from Burma are shown helping a young polio patient learn tailoring. The two O.T.'s are now back and working in Burma hospitals and this young man is now back in his village in the South of India and on last report was doing quite well.

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IMPROVE YOUR HEALTH through proper nutrition—Read "Let's Eat Right To Keep Fit" by Adelle Davis. "Every paraplegic should read this book". (Editorial in Paraplegia News.) \$3.70 postpaid. Adams Books, 302 Clinton, Arkadelphia, Arkansas.

BACK ISSUES of Polio Living magazine (now called ACCENT), while they last. Summer, Fall, Winter 1956, Spring, Summer, Fall, Winter 1957, Spring, Summer 1958 issues are available. 50c each. Special price for all nine. \$3.50. Note: First issue of ACCENT (Fall 1958) is all sold out. Send check or money order to ACCENT, 12 Ryan Drive, Bloomington, Illinois.

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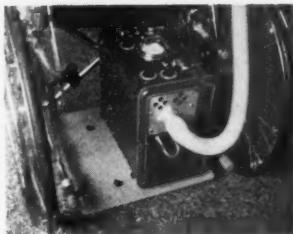
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LOOK

for these features in the next issue

What to Wear in a Wheelchair—A report on specially designed clothes for men and women with limited muscle strength and limited range of motion and those who use braces, crutches and wheelchairs. Also a list of personal hints gathered together from those in "a position to know" written especially for ACCENT.

Where Can You Get Life Insurance?—A comprehensive report on what you can do that may help your chances of getting life insurance. Tells about a new company that is pioneering in this field and is accepting life insurance on physically handicapped people.

A Special Report on Chest Respirators—What about power failure? How can you cough? Is it possible to ride in a car and in a wheelchair? What is a lung stretcher and exerciser? Is the breathing belt effective? Did you know that persons with asthma can be helped by a respirator?

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